

## Cindy Brown Finds A Perfect Fit at The Kid's Cafe



**Working at The Kid's Cafe, from left, are Megan Burick, Cindy Brown, Keri Johnson and Kids Cafe Coordinator Marsha Gibson**

### By Joyce Linder, Recovery Services

An Office of Recovery Services employee for 25 years, Cindy Brown has wanted to give something back to the community for a long time; hopefully something that didn't involve sitting at a desk at a computer. As an information analyst in the Office of Recovery Services' Bureau of Electronic Technology, she gets plenty of that every day. Also, her only grandchildren live in Hawaii, so she was looking for a way to be around children, not only to help them, but, as Cindy says, "to satisfy some of my grandmotherly needs."

When Cindy found out about the Utah Food Bank's Kid's Café, she knew she'd found a perfect fit.

One evening a week Cindy helps out preparing and serving kids an evening meal at the Sorenson

Multi-Cultural Center in Salt Lake City. Kids Café has five sites in Salt Lake County, serving more than 1,100 children and youth from the ages of 5-to-18 monthly. All meals are prepared at Sorenson, then sent out in hot boxes by van to the other centers.

Together with other volunteers Cindy helps prepare and serve balanced, nutritional meals from food donated by individuals, corporations and local businesses. She also stays to clean up. Cindy really looks forward to those 2 ½ hours each week.

"I love interacting with the kids. I have gotten to know them

all, including which ones will not eat vegetables, and which ones will try to get me to give them extra dessert," explained Cindy.

Cindy also says the Sorenson Multi-Cultural Center is a great place to get the kids off the streets while teaching them about athletics, computer skills, etc. and gives them a chance to interact with other kids and adults outside a school setting. Hanging outside the kitchen door is a list of "do's" and "don'ts" where the kids are asked to be respectful of the Kid's Café staff and others, and to clean up after themselves. "I find it encouraging when a child goes out of his way to help, or just learns to say 'thank you,'" Cindy said.

Also, Cindy admires the fact that the Kid's Café continually strives to not only feed children, but to improve their food program to ensure that the

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## Cindy Brown at The Kid's Cafe...



**Kids love the food and company**

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children's nutritional needs are met and that no child goes unfed. "I feel honored to be a part of this kind of effort."

Cindy urges others to get involved, either by volunteering time or donating food.

"A really good night is when we have fresh fruits and vegetables to offer the kids," she said. "Well, some of the kids might disagree about the whole vegetable idea!"

To volunteer or donate, call (801) 908-8660.

## Artist Peter Scott Stone Hopes for Magazine Cover Next

**By Carol Sisco**  
**DHS Public Information**

Peter Scott Stone dreams of being on the cover of People Magazine. He isn't quite there yet but did have two art shows last fall, one in Sugarhouse and another at a downtown Salt Lake City gallery.

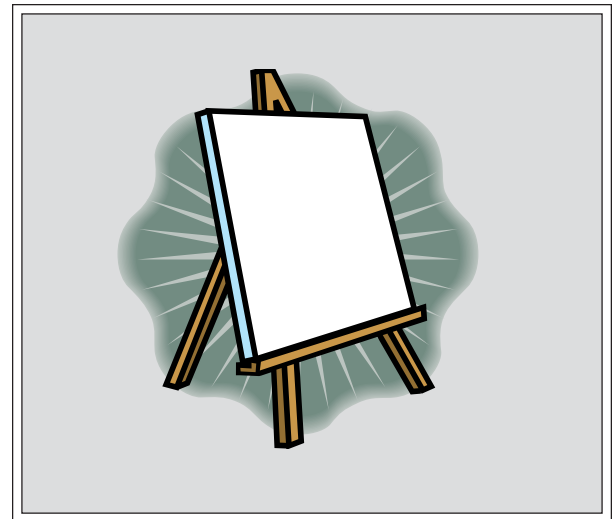
Acting is his other dream.

Stone, 30, was diagnosed with a mild form of autism at 4. He has received services from the Division of Services for People With Disabilities for seven years. Stone has his own apartment but has 24-hour supervision.

"Our eventual goal is for him to live as independently as possible," said his support coordinator Doug Dawson. "We help him with day-to-day living, things like groceries, medications and financial issues."

Stone picked up a pencil and started drawing as a child. He never stopped but has switched to pen and ink.

Having art shows, going to openings and selling his drawings gave Stone's self-confidence quite a boost, Dawson said.



"He doesn't draw day-to-day. He waits until Saturday," Dawson continued. "That's his Saturday thing to do. He doesn't stop. He just draws and draws and draws. He doesn't erase either. He just does it all in one swift move."

Stone once thought no one cared about his work. Now he knows differently.

"He was so bright-eyed at his first show," Dawson said. "It was neat."



## *From Robin's Pen*

### **Working to Help Foster Kids Move to Independence**

Making the transition to adult life is hard enough for anyone. But try doing it as you age out of foster care as about 250 teens do yearly in Utah. These young people are in situations where they may not return home, may not want to be adopted and still need someone to help them plan their personal futures.

Children aging out of foster care face unique challenges as a result of abuse and neglect and multiple foster-care and school placements. We've tried to help them informally for years. We even have some independent living classes. It just hasn't been enough.

Now Gov. Olene Walker has announced the Transition to Adult Living Initiative. We hope to build a private/public network of support that will promote their success in making the transition to adult living.

We need to provide:

- Access to safe and affordable housing
- Employment at levels sufficient to cover basic needs
- A mentoring program to promote enduring and supportive relationships

- Training and education for career preparation
- Mental health and physical wellness assistance
- Personal life skills
- Training and support to foster parents so they can assist youth in healthy transitions
- A way to involve youth in all aspects of planning and implementation of services and supports

A national follow-up study of foster youth 2.5-to-4 years after leaving state care found only half completed high school, fewer than half had jobs and 60 percent of females had given birth. The study also found 90 percent didn't have health coverage, they had lower earnings than the general population and relied more heavily on publicly funded welfare and health care.

The youth held a summit last June and told us what their most important issues are. A few months later they came back to us with a plan. Gov. Walker formed a state implementation team to make the plan a reality. The team comes from many areas in our community and will make an all-out effort to provide teens in foster care the help they need to become independent.

We're researching the availability of federal funds to help us achieve our objectives. Even before we get the funds, we can take action. We're issuing a call to the community for mentors who can assist these young people in making the transition. We're also putting together an interactive Web site so youth can easily access employment, housing, educational and other resources. We will make this initiative work for these young adults.

For additional information, go to: <http://www.hsdcs.utah.gov/tal.htm>.



# Volunteers Ensure Success of 2nd Annual Recovery Day

**By B.J. VanRoosendaal**  
**DHS Substance Abuse & Mental Health**

Volunteers, volunteers, volunteers everywhere!

Utah's Second Annual Recovery Day - that's recovery from substance abuse - brought together hundreds of participants and volunteers to celebrate and have fun at the Gallivan Center in Salt Lake City.

Recovery Day had something for everyone including live entertainment, numerous games and crafts for children, free cotton-candy and water bottles, and drawings for hundreds of Frisbees and other donated gifts.

Salt Lake City's Recovery Day was part of the national observance of Recovery Month, a celebration that includes many similar gatherings planned for different areas of the United States.

September marked the 14<sup>th</sup> observance of National Alcohol and Drug Addiction Recovery Month. The Month is celebrated to promote the message of recovery, applaud the courage of people in recovery, and recognize contributions treatment providers make.

The local planning committee for Utah's Recovery Day 2003 was spearheaded by personnel from Salt Lake County, most notably Substance Abuse Director Pat Fleming, and staff Janette Luna and Connie Aguilar-McCowan assisted by volunteers from almost 20 different agencies. Such broad-based volunteer support helped in planning and providing a variety of activities for participants' education and enjoyment.

Utah Substance Abuse and Mental Health Director Randy Bachman, and Salt Lake County's Fleming directed the program and introduced the entertainment. They welcomed Dr. H. Westley Clark, National Center for Substance Abuse Treatment director, who flew in from Washington D.C. to be part of the festivities.

Dr. Clark welcomed attendees and stressed the importance of getting out the information that recovery means thousands of people are leading productive lives because they received substance abuse treatment. He also stressed the need to "encourage support for effective addiction treatment and recovery services for those in need."

In addition to Dr. Clark's remarks and speeches by the other dignitaries, the day wouldn't have been possible without the featured entertainment, information booths and numerous children's activities provided by volunteers from approximately 40 participating public and private organizations.

Also adding to the day were some familiar local mascots: Lab Rat #204 was on hand to remind children not to smoke, and PD, the Prevention Mascot, made an appearance to hand out energy balls promoting "What's UP-Utah Prevention!" All the volunteers working together created an outstanding event, and the day ended with plans to make Utah Recovery Day an annual event.



**Connie Kitchens and Michelle Staley with 'Lab Rat #204' at Recovery Day**

# Community Builds Accessible Playground

**By Lynette Simmons**

**Arcadia Playground Committee**

When Kim Allen and her husband adopted five-month-old Luke, they knew what they were getting into. “He was stiff and couldn’t lift his head,” Kim said. “They told us he probably had cerebral palsy.”

Though Kim has long held the idea of building an accessible playground for Luke in the back of her mind, she did not act until early in 2002. Luke weighs 40 pounds and carrying him onto playground equipment was becoming difficult. “For a child who has little freedom of movement, playing is all the more important,” Kim said. “As Luke prepared to attend mainstream school, I felt compelled to ensure he wouldn’t spend every recess just sitting alone in his wheelchair.”

Kim organized a playground committee that raised more than \$112,000 in cash and in-kind donations. Construction on a fully accessible playground with five decks and wheelchair access to two levels was completed in August. The playground is for all children and centrally located within Granite School District at Arcadia Elementary, 3461 W. 4850 South.

“What began as a project to involve my son became an opportunity to include as many people as possible,” Kim said. “We’ve involved everyone at Arcadia; politicians, school districts, physical therapists and groups for kids with disabilities. We most especially want to involve every child who has any need or desire to use an accessible playground.”

To promote awareness, the playground committee launched a publicity campaign. Three hundred families in the Salt Lake area who participate in the Family Council organization for people with disabilities are already aware of Arcadia’s playground.



**Arcadia Elementary’s new playground**

Besides the general public, the campaign focused on nearby elementary schools as well as all physically disabled preschool- or elementary-aged students in Granite District.

“More than half our 200 students live on the West Side of the Salt Lake Valley,” said John Anderson, principal at Hartvigsen special education school. “We are excited to support the fully accessible playground at Arcadia and encourage all our students and their families to take full advantage of the opportunity it provides for their physical, social and emotional development.”

There are various opportunities to become involved. Contact [lynettes@utah-inter.net](mailto:lynettes@utah-inter.net) or call (801) 968-5011.

Most importantly, we hope your children will use this playground. We hope it will promote increased social and emotional development of children with physical limitations as they play with able-bodied children.

As Taylorsville Mayor Janice Auger said, “Our children are one of our greatest resources, and recreation for them, no matter their physical, emotional, or mental capabilities, is a high priority.”



**Licensors Rachel Bicknell conducts health and safety inspection at potential foster home**

## Typical Days? No Such Thing for Licensors

**By Kay Harrison  
DHS Licensing Office**

What is a “typical day” in the life of a foster care licenser? As many line workers can tell you, it doesn’t exist. The diversity and day-to-day schedule changes, interactions, people, duties and responsibilities are what make a licensing job so interesting and, at times, frustrating.

“I dropped in at one place for a visit a few years ago,” recalled licenser Rachel Bicknell. “It took the providers awhile to come to the door and once inside I could see why. There were pill bottles strewn all over one of the rooms and a big hole in a door and numerous other safety violations. It was obvious that a visit from their licenser was the last thing they expected that day! Needless to say, their foster care license was revoked, and the home closed to any further placement of children.”

Families are recruited by Utah Foster Care Foundation and receive 32 hours of training prior to applying to become a foster family. Once the application has been made with the Office of Licensing a licenser is assigned to the family and the process begins.

Some families are apprehensive when learning they need to be licensed, which includes a health and safety inspection of their home. Families have said they really did not know what to expect and would often picture a prudish woman wearing white gloves walking through their homes drawing fingers across table tops and looking behind all their closet doors.

The individual licenser may face these kinds of stereotypes, but with experience, understanding and the ability to connect with the family, they become an important support in nurturing families through what may appear to be a confusing and rule laden system.

Licenser Merlene Olsen relayed one of her favorite health and safety inspection stories.

“I asked the potential foster father to demonstrate that smoke detectors were in working condition,” she said. “He overlooked the fact that the home’s alarm system was connected to the smoke detectors and when he pushed the smoke detectors, the safety alarm system went off. Within minutes the fire department and the security company were pulling into the driveway. There I stood with my health and safety checklist in hand, and the applicant was upset and angry because of the situation. With some explanation, information and apologizing, the incident was dismissed.”

The Resource Family Assessment, or home study, is the major tool used by licensers to learn about families. The family’s interaction, parenting skills, coping skills and motivation for wanting foster children are just a few of the issues explored. Interviews may last three-to-four hours. It may be difficult to gather this information with children running through the home, wanting mom and dad’s attention and trying to add their own “well-intentioned” comments as well. However, with patience, understanding and sharing information, the licenser walks them through the interview with ease.

“I can honestly say that interaction with the foster families is the best part of being a licenser,” said licenser Janice Weinman. “The fun of the job

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## Canyonlands Youth Center Open

**By Jeanne Lund**  
**Youth Corrections**

BLANDING – Kids started moving in last July, but the official opening of Canyonlands Youth Center was a month later.

Youth previously were housed in a 20-year-old facility that was over-capacity 80 percent of the time by 2002.

Canyonlands Youth Center is a multi-use facility. Historically, those kinds of agencies combined locked detention services with non-secure shelter services. They've expanded their role to provide a variety of additional residential and nonresidential services to better accommodate the needs of rural Utah.

Canyonlands includes a 16-bed secure detention center for short-term control of youth who pose an immediate danger to themselves or others. It also houses an eight-bed shelter for youth over 12 who are neglected, dependent or abandoned and an eight-bed observation and assessment center with a 45-day residential program and includes comprehensive evaluation and treatment planning.

The Blanding facility also includes a receiving center which will be used to help local law enforcement place youth picked up on minor offenses back with their parents, or with a responsible adult if a parent is unavailable. Community service programs, including case management and parole, also will be housed at the center. Community service programs provide individualized treatment and control the youthful offender for the benefit of the youth and the protection of society.

The building also contains offices, classrooms, counseling rooms, visiting areas, a multipurpose room, laundry, kitchen and maintenance room.

"Such amenities are great assets to the county," said Malcolm Evans, Division of Youth Corrections Office of Rural Programs Director. "The center provides a full schedule of activities for our youth, including full-time school, seminars, exercise programs and counseling."

## Volunteers Make It Better

BLANDING – Many people here donate their time each day to make San Juan County a better place. Canyonlands Youth Center is the recipient of many of these volunteer hours. Volunteers provide many benefits for the youth here.

Canyonlands Youth Center hosted a luncheon last November to honor our volunteers.

Mel Laws, assistant program director, thanked the 20 volunteers who attended. Canyonlands employees Kali Holliday, Carol Billsie and George Hatathley prepared lunch. The youth made invitations, place mats and name cards shaped like tents.

One volunteer comes regularly each week. Many come monthly. Volunteer workers include school principals, substance abuse counselors, mental health workers, student nurses, members of a book club, clergy, EMTs, college students, athletes, librarians, doctors and many others. These people provide many diverse opportunities for our youth.

## Each Day Is Different...

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is meeting all the different types of people that we come across. It can also be a challenge because we have to adjust our style to each family. Some are extremely 'on edge' and insecure about having us in their homes, some have a 'nothing-to-hide' attitude. I enjoy the discussions and personalities that I get to encounter every day. It keeps the job interesting and different with every new family I meet."

A licensor visits the homes assigned to them on a yearly basis. They have the opportunity to visit with the family and hear firsthand the successes and the problems each family may have encountered over the year. They witness the family growth and observe how children placed in the home have flourished. This is accomplished with the proper balance of "the regulator" image and a touch of appreciation that we are all working to keep the children safe, secure and healthy.

# Athlete, Olympic Trainer Nzau Visits Canyonlands

**By Karen Slavens, Youth Corrections**

BLANDING - World-class athlete and Olympic trainer, Joseph Nzau from Nairobi, Kenya, visited with youth at Canyonlands Youth Center in September. Nzau specializes in the 10,000-meter, marathon and track events, and once held the title of fastest man in the world in the 10,000-meter competition. While living in Africa, he worked as a prison guard.

Kimberly Hiatt of Blanding, wife of cross-country team coach Steve Hiatt, accompanied Nzau.

Nzau had several suggestions for the kids including:

- Ignore bad friends; learn how to make positive friends
- Staying in school is very important
- Respect older adults
- Learn to respect parents because they are the ones who really care
- What we do affects our parents and people around us
- People might be hurt by the actions of others
- Change the way you act so you don't end up in detention or prison

Nzau also asked youngsters to explain how they usually get into trouble. He reminded them that so-called friends leave as soon as trouble occurs. Good friends, however, help you and are there when you're in trouble.

Some of the kids later reflected on Nzau's talk.

"I will try to do positive things," said Adgreian. "I will respect my mother and do whatever she tells me to do. I will stay out of trouble and do what is right. I learned a lot from Mr. Nzau. I will try to use what I learned in my everyday life."

"I will use the things he told me by thinking about how other people might feel and then put myself in their shoes," said Cory.

"I learned that I need to listen to my parents," Erika added. "My grades are bad because of my friends."

"I learned that I need to make decisions on my own," Haili said. "I will 'wake up' and stop letting other people influence me in a bad way."

"I learned that I should never get into trouble again," Lionel said. "I should control myself and maintain my behavior. I will help my family and make them proud. I will love the world and WAKE UP."

## PoVey Honored Posthumously

Substance Abuse and Mental Health Director Randy Bachman accepted a posthumous award on behalf of former Division of Substance Abuse Director F. Leon PoVey at the National Association of State Alcohol and Drug Abuse Directors Annual Conference in Washington D.C.

PoVey, who served as Utah Substance Abuse Director from 1984 until 2000, was recognized for his contributions to the field of substance abuse.

PoVey served on the national organization's board of directors and also as board president from 1995-to-1997. Upon his retirement, PoVey continued working as a consultant for the Center for Substance Abuse Prevention, the Center for Substance Abuse Treatment and the prevention group's Western Center for the Application of Prevention Technologies.

PoVey was well known for exerting significant leadership regarding substance abuse issues at the national level, as well as at home in Utah.

## The Human Touch

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**Robin Arnold-Williams**  
**Executive Director**

Edited by Carol Sisco, 120 N. 200 West,  
#319, Salt Lake City, Utah 84103.

Articles or ideas welcome. Email  
csisco@utah.gov, FAX (801) 538-4016 or call  
(801) 538-3991.